Preparing to pack: lay out everything that you think you need, put back half, and then pack what’s left. The bottom line: come prepared, but travel lightly. Your belongings (including your luggage) are stored in your cabin so we recommend using soft-sided luggage on wheels.

Baggage Limit: 2 Checked bags, 1 carry-on, 1 personal item

CLOTHING/ACCESSORIES
☐ 5-7 N95 face masks
☐ Undergarments (underwear, socks, undershirts)
☐ Appropriate clothing for field classes
☐ Shorts/jeans/khakis
☐ Skirt (long) recommended
☐ T-shirts (not too many – you’ll buy more)
☐ Sweater/hoodie/jacket (light/medium)
☐ Rain gear
☐ Comfortable shoes (sneakers/sandals)
☐ Sunglasses/visor(s)/headscarf
☐ Swim wear
☐ Formal wear for the Alumni Ball

TOILETRIES
We recommend biodegradable toiletries.
☐ Shampoo/conditioner
☐ Toothbrush(es), toothpaste, floss, mouthwash
☐ Deodorant
☐ Body wash/face wash/scrub sponge
☐ Comb/brush/hair products
☐ Contact lens and/or prescription eyeglasses
☐ Personal hygiene products
☐ Travel-sized toiletries for in-country travel
☐ Razor(s), shaving cream/gel (non-aerosol)

ELECTRONICS & EDUCATIONAL
☐ Travel alarm clock/watch
☐ Camera (with extra memory cards/batteries)
☐ USB drive/external hard drive
☐ Plug adapter and/or converter (our ship has European outlets)
☐ Cell Phone/selfie stick/GoPro/headphones
☐ Small flashlight and batteries
☐ Laptop (with additional battery/charger) & install/recovery programs for all software and operating systems
☐ Pens, pencils (some tests are via Scantron), notebooks, sticky notes, journal, etc.
☐ Clipboard, lap desk (many classrooms don’t have desks)

CARRY-ON ITEMS
☐ Passport
☐ Applicable vaccine records (i.e. COVID 19 vaccine, yellow fever)
☐ Prescription medications
☐ Straightening/curling irons (must be checked by ship security)

MEDICAL/HEALTH SUPPLIES
☐ Prescription medications for the entire voyage (ex. Epinephrine for severe allergies - SAS does not provide EpiPens, Malaria prophylaxis, Travelers diarrhea medication, etc.)
☐ Non-prescription medications you’ve used in the last six mo. (ex. Tylenol, Motrin, Cold, etc.)
☐ Sleep aids (ex. Tylenol PM, ear plugs)
☐ Allergy medication (ex. Benadryl, Allegra)
☐ Seasickness/nausea aids (ginger candies, dramamine/meclizine, scopolamine patches)
☐ Diarrhea medication (ex: Pepto-Bismol, etc.)
☐ Hand sanitizer/wet wipes
☐ Sunscreen of at least SPF 15
☐ Insect repellent - No aerosol cans! (EPA-registered, at least 20% DEET)
☐ Small personal first-aid kit

TIPS FROM ALUMNI
☐ Credit/debit cards/cash ($1 bills are helpful!)
☐ Thermos/travel mug
☐ Beach towel
☐ Laundry bag and travel-sized detergent
☐ Backpack/daypack
☐ Small gifts for homestays & new friends
☐ Business cards for networking
☐ Musical instruments (guitars & small instruments are allowed, if stored in cabin)
☐ Quart-sized plastic bag to store carry-on liquids and gels for air travel
☐ Open mind, open heart, and a smile :)

NOTES: